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Naval Service Medical News (NSMN) (96-21)
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3. HEADLINE: CORPSMAN SCREENERS, SHORTER LINES AT SICKCALL

BUMED WASHINGTON (NSMN) -- Shorter lines at sick call and better trained hospital corpsmen are the two primary advantages of Navy Medicine's Sickcall Screener Program.

At Naval Hospital Beaufort, SC, the Sickcall Screener Program has saved about 1,800 man-hours per month for both the medical staff and the Marine recruits, according to ETCM(SS) Douglas Musgrave, Command Master Chief.

With about 95 percent of the patients in sick call having common medical conditions, such as headaches, gastrointestinal ailments, dermatological conditions, colds and allergies, and minor wounds, it was very time consuming for every patient to be seen by a doctor. The Corpsman Screener Program trains corpsmen to evaluate and treat common medical ailments.

"Our corpsman screeners are the first one the recruit sees, and if it is an uncomplicated, minor illness, then the corpsman treats him and the recruit can be on his way," explained Master Chief Musgrave, "but, if the medical condition is not minor or if it is recurring, the patient is treated by a Independent Duty Corpsman (IDC), Physician Assistant (PA) or Physician."

The Sickcall Screener Program not only prevents recruits with minor ailments from sitting at sick call for several hours missing critical training elements, but it also takes the load off the doctors so they can focus on patients who need additional attention.

"If we can save a recruit from sitting at sick call all day, then we are doing our job," said Master Chief Musgrave.

To qualify as a Sickcall Screener, a hospital corpsman undergoes a 3-week course of instruction, followed by up to 24-weeks of in-depth, "hands-on" training under the direct supervision of a IDC, PA or physician. The final step is being certified by a certification board. After initial certification, screeners are required to complete 48 hours of continuing education at one hour per week.

"The most important part of the training is that the corpsman understands what's normal, and what's within their limitations," said HMC(SW) Joe Wingard, IDC at Beaufort.

For many corpsman, their first duty is often a training command such as Parris Island, and the Sickcall Screener Program helps them obtain "hands on" experience, explained HM1(FMF) Thomas Witt, who has been a Sickcall Screener since 1992.

"When a corpsman transfers to a ship, they will be better able to help the IDC or doctor because they will have the experience of a evaluating and treating patients," said Petty Officer Witt.

By LT Edie Rosenthal, USN, BUMED Public Affairs

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HEADLINE: MARINE SURVIVES 109.2 BODY TEMP

NAVHOSP TWENTYNINE PALMS -- A 21-year-old Marine at the Marine Corps Air Ground Combat Center narrowly escaped death or serious brain and kidney damage due to the quick response of Navy medical personnel here.

The young Lance Corporal was participating in a six mile "speed hump" with full gear after taking four pills of an over-the-counter drug that is advertised to help people with shortness of breath.

That particular medication inhibits the body's ability to regulate its heat, explained LCDR Robert Satonik, MC, USN, Head, Emergency Medical Department.

When the Marine was brought into the hospital's Emergency Medical Department by his unit, his core temp was measured and confirmed at 109.2 F. This fell to 108.5 after 15 minutes of intense cooling and then dropped to 103 after 30 minutes. He was intubated shortly after arriving in the Emergency Department and air-lifted to Loma Linda University Hospital within the hour.

"Because of the rapid transport from the field by his Corpsmen and en route cooling and the rapid and precise emergency treatment he received here, he will probably not only survive, but may not have permanent renal and brain damage," said CAPT S.E. Hart, MC, USN, Executive Officer of the hospital. "As a matter of fact, when we called his room today at Loma Linda to check on his status, he answered the phone."

"Once the heat stroke occurred, his treatment could not have been better. His Corpsmen and our Emergency Department staff are to be commended," added Hart.

Some over-the-counter medications are dangerous to take if exerting yourself in a hot dry environment, explained

Hart. Cold medications, diet pills, decongestants and anti-histamines are a few that compromise your body's ability to regulate heat.

"If you can't give off heat, and you are exerting yourself, something is going to blow," said Hart.

During the six mile speed march the heat index at the Combat Center was normal. This heat index data is collected hourly by the hospital and units in the field to ensure safe operations for the Marines.

"To increase safety for our Marines operating in this dry environment we really need to get the word out... medication and exertion in a hot environment don't mix," said Hart.

By Mr. Dan Barber, Naval Hospital Twentynine Palms

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HEADLINE: 4TH DENTAL BATTALION GOES TO THE ARCTIC CIRCLE

BUMED WASHINGTON (NSMN) -- Over the years, dentists have tried to make visiting the dentist's office more convenient for their customers. For Sailors and Marines, the sight of a dental vans parked pierside has become an increasingly popular way to take health care to the deckplate. Even civilian dentists park their dental chairs in popular malls, all for convenience sake of the customer.

But when the members of the 4th Dental Battalion, Marietta, GA, participated in ARCTIC CARE 96, they faced some unusual challenges trying to bring dental care to their customers.

Arctic Care-96 was a DoD Joint Services exercise designed to provide medical, dental and engineering support to the Inupiat Eskimos of the Northwest Arctic Borough, explained DTC (FMF) William Hutzler, the leading Inspector-Instructor for the exercise.

The dental team of six reserve dental officers, 12 reserve dental technicians, and three active duty inspector-instructors, faced total isolation, blizzards, dangerous animals, sub-zero temperatures, and austere working conditions when bringing expert dental care and education to the remote villages.

Because of the remote location of the Inupiat Eskimos, the dental team was flown in by Alaskan Air National Guard and continued their trek across the ice and tundra by snowmobiles and dogsleds.

Temporary dental clinics were set up in schools, armories and village clinics. The team worked 13 hour days, 7 days a week, providing pedodontic, surgical operative and preventive services.

"The Inupiat Eskimos are the most friendly and resourceful people I have ever met," said DT2 (FMF) Christopher L. Edwards, USN, Inspector-Instructor Staff. "They are able to totally subsist on the frozen tundra everyday while maintaining their cultural heritage that is being influenced by Western culture.

"They were very curious about me and they shared very

much with all of us. It was an opportunity of a lifetime," said Petty Officer Edwards.

The 4th Dental Battalion is comprised of active duty Sailors and reserve units from Texas, California, Pennsylvania, Virginia, Colorado, and Georgia.

By LT Edie Rosenthal, USN, BUMED Public Affairs

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HEADLINE: NEW VIRTUAL UNIVERSITY

BUMED WASHINGTON (NSMN) -- Putting in service the latest interactive technology, the Naval School of Health Sciences (NSHS) at Bethesda, MD, offers long distance learning using video teleconferencing. A twist on video teleconferencing, teletraining creates educational opportunities for remote sites across the U.S. NSHS has established a new university - the Naval Medical Worldwide Campus (NMWC) with the capability to reach locations from NSHS Portsmouth, VA, on the east coast, to NSHS San Diego, CA, on the west coast. It can also reach all the Chief of Naval Education and Training (CNET) Electronic Schoolhouse Network sites. Plans are being made to expand the medical facilities beyond Bethesda, Portsmouth, and San Diego.

Teletraining encompasses a broad range of medical subjects including "Developing Effective Educational Programs for Medical Department Personnel" (DEEPMEDDEP), health promotion and physical fitness, preventive medicine, and mental health. A healthy lifestyles forum and health and physical readiness are two courses offered on health promotion and physical fitness.

Epidemiology and prevention of vaccine preventable diseases, vaccines for international travel, and the Center for Disease Control immunization update are courses available in preventive medicine. Stress management, suicide prevention, and Family Advocacy Program training educate Navy personnel on mental health and issues surrounding child and spouse abuse. Dental care professionals may also take advantage of the teletraining by taking courses on dental materials and infection control.

NSHS Bethesda will come to you. A breakthrough for educational training in the Navy, teletraining allows simultaneous communication and interaction between the teacher and student. By bringing the teacher to the student, teletraining saves money and time spent on travel.

By Ms. Ann Kirby, BUMED Public Affairs

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HEADLINE: CORPSMAN WINS NAT'L BODYBUILDING TITLE

NAVHOSP PENSACOLA, FL (NSMN) -- The hospital corpsman carried an attitude of confidence and a constant smile throughout the competition to win all-around and heavyweight class honors at the National Armed Forces Bodybuilding Championships at Little Creek, VA, on May 18.

Hospital Corpsman Second Class (HM2) Ira Wenzel II, the Leading Petty Officer of the Branch Medical Clinic at Naval

Technical Training Center Corry Station, was the unanimous selection of a panel of judges to win the all-around bodybuilding championship at the competition at Naval Amphibious Base Little Creek.

"It was tough competition," said HM2 Wenze, a native of Miami, FL. "At first, I felt intimidated and was asking myself whether I deserved to even be here. But after talking with my coach I was able to settle down."

It was the combination of confidence and a constant smile on his face which gave him an aura no one else had, explained Navy Pensacola bodybuilding coach, Don McKeen.

"This win establishes Petty Officer Wenze in the upper echelon of the sport," said McKeen.

HM2 Wenze, 28, has been involved in bodybuilding for over seven years. He got into the sport while attached as a Fleet Marine Force corpsman with the 2nd Marine Division at Camp Lejeune, NC.

"Physical fitness is an integral part of the Marine's daily routine," Wenze said.

Since beginning competition in 1991, Petty Officer Wenze has also captured that year's Roosevelt Roads, PR, Bodybuilding Championships, the 1993 Fajardo Bodybuilding Championships in Puerto Rico, and the 1995 Southern Naturals USA Bodybuilding Championships at Mobile, AL.

"Bodybuilding is an individual sport," said Wenze. "I hope nobody takes for being arrogant. I just want to be the best I can be."

The sailor of 9-plus years is married to another hospital corpsman, HM2 Venecia Wenze, who is attached to the Command Master Chief's office at Naval Hospital Pensacola. They have a son, Ira III, who is 7 years old.

The Sunshine Television Network plans to run the championships in July, and Wenze also will have an opportunity to appear in several bodybuilding-related magazines -- Muscle and Fitness, Flex and Ironman -- during the August/September timeframe.

"Dedication, determination and desire made this victory possible," said McKeen.

By Mr. Rod Duren, NAVHOSP PENSACOLA Public Affairs

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HEADLINE: OPTOMETRIST HONORED BY FEDERAL EXECUTIVE BOARD
NMCL LONG BEACH (NSMN) -- A Navy Optometrist was honored at the Greater Los Angeles Federal Executive Board's 23rd Annual Distinguished Public Service Awards (DPSA) Luncheon held earlier this month.

Dr. Terrace L. Waggoner, Head, Occupational Optometry Department at Naval Medical Clinic Long Beach, CA, was among a most prestigious field of candidates being considered for the "Outstanding Scientific and Technical Achievement" Award. Dr. Waggoner was honored as one of three runners-up in this category. His citation read:

"Dr. Waggoner is nationally recognized for a lifetime

of clinical practice, technical innovation and education in Optometry. He developed the 'Blind Spot Amsler Grid' for detecting macular degeneration and designed a prototype instrument to remove ocular foreign bodies. A specialist in Occupational Optometry, he identified a previously unknown hazard to naval shipyard workers from ultraviolet light."

Federal Executive Boards (FEBs) were established nationwide by a 1961 Executive Letter, signed by President John F. Kennedy. Today the roles of the 28 FEBs are to strengthen the management and administration of Federal activities, improve intergovernmental coordination at the local level, and promote a positive image of the Federal government throughout the community.

The Los Angeles Federal community is one of the largest in the United States and its FEB membership is comprised of high ranking Federal leaders of the 115 Federal agencies located in the Greater Los Angeles area.

By CDR M. A. George, NC, USN, Naval Medical Clinic Long Beach Public Affairs Office

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HEADLINE: MEDICAL CORPS OFFICERS NEEDED AS SPEAKERS

BUMED WASHINGTON (NSMN) -- Navy Medicine is looking for some outgoing Medical Corps officers who want to interact professionally with bright, promising physicians in the civilian sector.

Experience has shown that direct doctor-to-doctor communication provides civilian physicians with a better understanding and more realistic picture of Navy Medicine. Not only does the interaction between military and civilian physicians sometimes lead to career opportunities in the Navy, but is also one of the most effective means to assure the continued high quality of the Navy Medical Corps.

More and more often, Navy Recruiting Command receives requests for Navy physicians to participate in grand rounds and other teaching activities around the country. These represent outstanding opportunities to further exchange information with our civilian counterparts, increase the visibility of Navy Medicine and promote our recruiting efforts.

Navy Medicine Speakers' Bureau provides a pool of qualified officers to participate in these educational activities. Where travel outside individual's local work area is required, Navy Recruiting Command may fund temporary additional duty orders. Requests for speaking engagements are usually received far enough in advance that they should not present scheduling difficulties.

Those interested should forward a copy of their curriculum vitae and areas of special interest or expertise to the following address:

Chief, Bureau of Medicine and Surgery (MED-51)
2300 E Street, NW

Washington, DC 20372-5600

For additional information, contact Captain William D. Wurzel, MC, USN at (202) 762-3070, DSN 762-3070 or LCDR Fabio M. Martinez, MSC, USN, at (202) 762-3403, DSN 762-3403.

-USN-

HEADLINE: MARFORPAC HONOR CORPSMEN IN MEDAL OF HONOR REMEMBRANCE CEREMONY

MARFORPAC, HI (NSMN) -- A fresh surge of pride is sweeping through the ranks of hospital corpsmen. Dedication to heritage is nothing new for corpsmen, however, this year there is a palpable appreciation for their roots in history.

June 17 holds special meaning for Navy Hospital Corpsmen. This year, the Fleet Marine Force of Marine Corps Base, Hawaii, is celebrating in commemoration of 98 years of proud service with a "Medal of Honor Remembrance Ceremony."

This year the "Medal of Honor Remembrance" has appropriately been chosen as the theme for this year's ceremony. Historically, hospital corpsmen are among the most decorated of all servicemen, receiving more Medals of Honor than any rate in the Navy.

Sergeant Major Callog, USMC (ret), Medal of Honor recipient, will be the guest speaker. Additionally, the presentation will have a memorium to the hospital corpsmen of the past, a static display of hospital corpsmen who are Medal of Honor recipients, and a job fair of occupational specialties of hospital corpsmen.

The remembrance celebration will be held at Dewey Square, Marine Corps Base, Hawaii, Kaneohe at 1000, 17 June 1996.

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HEADLINE: TRICARE QUESTION AND ANSWER

Q. If I select a civilian Primary Care Manager (PCM) can I still use a Military Treatment Facility or PRIMUS/NAVCARE clinic for routine health care services?

A. Enrollees choosing a civilian Primary Care Manager must obtain a referral in order to use the Military Treatment Facility or PRIMUS/NAVCARE Clinic.

Enrollees choosing a Military Treatment Facility as their PCM must obtain a referral to use the PRIMUS/NAVCARE clinic or civilian provider, unless the clinic is your PCM.

Enrollees choosing the PRIMUS/NAVCARE clinic as their PCM must obtain a referral to a Military Treatment Facility or civilian provider.

No referral is necessary for emergencies or for pharmacy services obtained at the MTF or TRICARE Prime Network pharmacy.

The Primary Care Manager will provide most of the health care needed by the enrollee.

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HEADLINE: HEALTHWATCH: NUTRITION FOR THE LATER YEARS

BUMED WASHINGTON (NSMN) -- Good nutrition means much the same for younger and old alike - eating a variety of healthy foods from all the food groups and being moderate about fats, sugars and salt.

As people age, however, body composition changes. There is less muscle and more fat. Because of this, fewer calories are needed. Yet older people need the same amounts of vitamins and minerals as when they were younger, and possibly more calcium.

-Making up for Deficiencies-

Poor nutrition in the elderly can lead to such diseases as high blood pressure, heart disease, diabetes and osteoporosis. Older people thus need to cut back on such high-calorie foods as fat and sugar, while making sure they get enough of such nutrients as

- * vitamin D, which helps the body use calcium;
- * calcium, which keeps bones strong and helps prevent osteoporosis;
- * fiber, which helps prevent constipation;
- * iron, which helps red blood cells efficiently carry oxygen throughout the body; and
- * zinc for crucial chemical and metabolic functions in the body.

-Sources of Nutrients-

The body makes vitamin D in the presence of sunlight. However, those who stay indoors a lot can get vitamin D from fish, eggs, and fortified milk. The biggest source of calcium are dairy products, canned fish with edible bones, spinach, broccoli, citrus fruits and dried peas and beans. Supplements may be recommended for those who don't eat enough of such foods. Fiber is found in vegetables, fruits, whole grains and cereals. Good sources of iron include dried fruits, lima beans, spinach, prune juice, beef and organ meats, while zinc is found in oysters, herring, meat, milk and whole grains.

-Problems and Solutions-

As people age, they may find it difficult to prepare and shop for food. Seniors who live alone may be tempted not to bother with cooking. Other causes of poor nutrition in the elderly may include a poor sense of smell, difficulty chewing, loneliness and depression.

Some ways to ease the stress of preparing food are to join a senior citizens center where meals are available to people in groups, organize potluck meals with friends or find out if there is a community service that delivers hot meals to homes of seniors. Getting the nutrition you need will help you get the best out of your later years.

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4. Feedback on this issue, inputs for the next issue, questions about distribution and suggestions for improving Naval Service Medical News are invited. Help us make NSMN better. Contact LT Edie Rosenthal, BUMED Public Affairs Office:

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